Causes of High Oxygen Load in Children

Among the children, it is often observed that the co-factors' severe deficiency results in the loss of functioning of mitochondria. In turn, it leads to other complications such as slow metabolism, slow brain function, and also the inability to excrete the toxic waste. These complications ultimately result in symptoms like memory loss, hampered thought process, and lack of energy. Hence, for a healthy body, the metabolic activity has to be healthy, and for that matter, the prime need is the normal functioning of the mitochondria.

The causes of high oxygen load:

- Exposure to toxins as detergents and pesticides.
- Overexposure to radiation.
- Chronic inflammation of the gastrointestinal tract.
- Consuming the packaged foods which have a high content of trans fat that hampers the functioning of the fatty acids, which are supposed to act as antioxidants.
- Drinking unhygienic water.
- Consuming foods with high sugar content and glycemic values.

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